

Laser Radial training camp

29.06 Monday

13:00 – 14:00 boatwork/boat preparation

14:00 – Briefing in ROPK classroom in KJK

14:30 – 17:30 on water training: warm-up routines (rabbit, very-short-course sailing); practise starts, upwind speed exercises, training races

18:10 – 18:40 debriefing, day summary

30.06 Tuesday

09:40 – 10:00 boatwork

10:00 – Briefing in ROPK classroom in KJK

10:30 – 12:30 on water training: warm-up routines (rabbit, very-short-course sailing); practise starts, upwind/downwind speed exercises, training races

13:10 – lunch

14:00 – Briefing in ROPK classroom in KJK

14:30 – 16:30 on water training: warm-up routines (rabbit, very-short-course sailing); practise starts, upwind/downwind speed exercises, training races (different modifications)

17:10 – 17:40 debriefing/day summary

01.07 Wednesday

09:40 – 10:00 boatwork

10:00 – Briefing in ROPK classroom in KJK

10:30 – 12:30 on water training: warm-up routines (rabbit, very-short-course sailing, different technical courses/exercises); practise starts, upwind/downwind speed exercises, training races

13:10 – lunch

14:00 – Briefing in ROPK classroom in KJK

14:30 – 16:30 on water training: training races (different modifications)

17:10 – 17:40 debriefing/day summary

02.07 Thursday

09:40 – 10:00 boatwork

10:00 – Briefing in ROPK classroom in KJK

10:30 – 13:30 on water training: warm-up routines (rabbit, very-short-course sailing, different technical courses/exercises), training races (different modifications)

14:10 – 14:40 debrief/day summary